Birthday*News*

The Department of Medical Assistance Services, Children's Medicaid

Visit Cover Virginia at www.coverva.dmas.virginia.gov for more information.

It's time for a health and wellness checkup

Remember, checkups are free!

Give your child the best gift of all – a well-child checkup!

Checkups are important because they allow your doctor to make sure your teen is healthy and growing well. They also give you a chance to ask questions and discuss any concerns that you have. Checkups can detect and prevent health and social-emotional problems. Best of all, well-child checkups are free!

During the transition from childhood to adulthood, your teen will experience dramatic physical and emotional changes. Parents often wonder what they can do to help their child during this time. This newsletter contains more information on your child's checkup as well as tips and resources that may help you during this time. We wish your family another year of health and happiness.

Checkup Schedule for Your Teen or Young Adult

Schedule a checkup each year around your teen's 15th, 16th, 17th, 18th, 19th and 20th birthdays.

Even if you've missed a checkup, don't worry, make an appointment now!

What to expect at your teen's checkup

Shots (Immunizations)

Shots given during this time may include:

- Booster shots
- Previously missed shots
- Yearly flu shot or reminder
- Your doctor may also talk to you about the Human Papillomavirus (HPV) vaccine.

Developmental Assessment

Your doctor will ask questions and talk to both you and your teen about the following:

- Home life
- School performance
- Peer pressure
- Safety and good health habits
- Nutrition and exercise
- Risky behaviors such as tobacco, alcohol and drug use and sexual activity

During this time, your teen is likely to be concerned about privacy. Your teen or the doctor may want you to leave the room during the exam and may have things to talk about in private.

New Screenings

- Depresssion Screening/Suicide Risk
- Behavioral/Social Emotional Screening
- Sudden Cardiac Arrest/Sudden Cardiac Death
- Hepatitis B Infection Screening
- Fluoride Varnish/Fluoride Supplementation

Tips for 15 to 21 year olds

Your teen will experiment with new behaviors during the transition to adulthood. Sometimes your teen may make mistakes or misjudge a situation. Here are a few tips to discuss with your child:

- Make sure your teen knows who to call in case of emergency.
- Ask for details when your teen goes out and expect a phone call if plans change.
- Discuss safe, constructive ways to express anger without violence.
- Talk together about the dangers of drugs, tobacco, alcohol, and risky sexual activity. If you are uncomfortable talking about these issues with your teen, ask a health professional or other trusted adult to help you.
- Help your teen plan ahead for uncomfortable situations such as feeling pressure to have sex or being offered a ride home from someone who has been drinking.
- Agree on rules for when and where your teen can use the car.
- Be firm about safe driving rules such as always wearing a seatbelt, minimizing distractions and obeying speed limits. Insist that your teen never drink and drive.

Dental Services

It's important to have a regular dentist to keep your teen's teeth healthy. Call Cardinal Care Smiles to find a dentist and get information about your teen's oral health and dental benefits. 1-888-912-3456.

Children's Medicaid provides great benefits and covers children in families with low or no income, even if the children are covered by health insurance. Information is available at www.coverva.dmas.virginia.gov.

Growth and Development

Every person is unique, but here are some common challenges that your teen may face during this time period:

- Learning to manage feelings and moods.
- Changes in body and emotions from sexual development.
- Concerns about body image.
- Making good choices about being safe, and avoiding risky behaviors and situations.
- Acting more independently, but still respecting the needs and feelings of others.

Sudden changes in behavior, changes in friends, falling grades, or dropping out of usual activities can be signs of depression, bullying, substance abuse, or an unhealthy relationship. Talk to the doctor if you are concerned about your child's emotions or behaviors. A good resource for more information is www.samhsa.gov/topics.

For more tips on your child's health, visit www.vdh.virginia.gov/bright-futures.

Transportation

For Non-Emergency Medical Transportation to medical appointments or to pick up a prescription, check the back of your MCO Medicaid ID card for the telephone number. Additional Transportation information can be found at: https://www.dmas.virginia.gov/for-members/benefits-and-services/transportation-services/

If you are in Fee for Service, contact 866-386-8331.

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